



**Organized chaos**  
LASA students practise safety procedures during staged collision March 3.

Feature 10

# SPOKE

A learning newsroom for journalism students

**Conestoga gets creative**  
Graphic design students win national awards.

News 3

**Festival gives winter cold shoulder**  
Musicians heat it up at local music fest despite bad weather.

Feature 8, 9

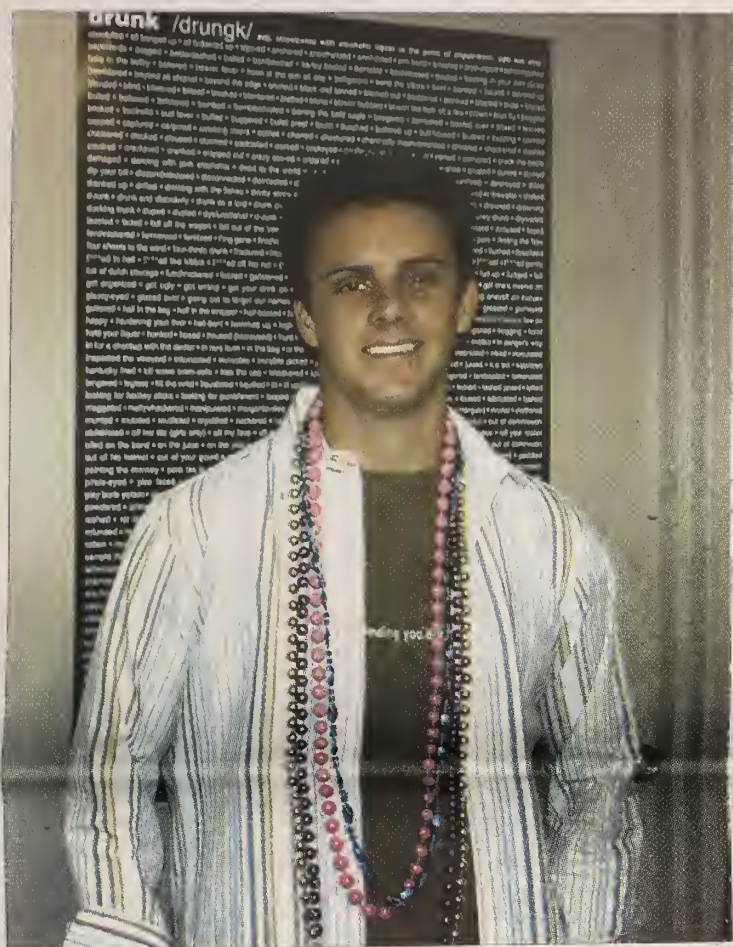
Monday, March 17, 2008

Conestoga College, Kitchener, Ont.

www.conestogac.on.ca/spoke

40th Year — No. 10

## Students help victims of Katrina



(Photo by Jennifer Marko)

Second-year aviation student Richard Syrov is adorned in Mardi Gras beads he collected during Conestoga residence's trip to New Orleans with Habitat for Humanity.

By JENNIFER MARKO

Almost three years after Hurricane Katrina devastated the southern United States, students from Conestoga College Residence and Conference Centre travelled to New Orleans to help rebuild.

Other students who attended during reading week were from Mohawk College and Sheridan College.

Second-year Conestoga aviation student Richard Syrov says he signed up to go on the trip because he once visited the state when he was 13 years old.

"I wanted to go back there and finally absorb everything and try to give a helping hand to people in need," he says.

The best part of the trip was seeing the culture of New Orleans as well as the nightlife the French Quarter had to offer.

"The worst part about the trip was seeing how much devastation actually happened in New Orleans and surrounding areas," says Syrov. "as well as how little has been done to fix everything since the hurricane."

Syrov says the most memorable part was seeing the people's faces when they told them they were helping Habitat for Humanity build houses in New Orleans.

"The joyful smile we saw on their faces was priceless because the

parishes (counties) surrounding downtown New Orleans are still in desperate need of help."

First-year architecture-construction engineering technology student Victoria Hunt also went on the trip.

"I wanted to go to New Orleans because I really wanted to help others who need it," she says.

Hunt says participants on the trip wore wristbands telling others they were Canadian and once people noticed them the participants were asked many questions.

"When locals found out we were there building homes with Habitat for Humanity they were so thankful towards us," she says. "It made me feel really good inside."

Hunt says this was the first time she has ever done a "build." She heard about it from a friend.

"One of my friends was talking about it one day and how he was going on the trip. As I listened to him explain to me what it was I was hooked instantly and couldn't wait to go."

Hunt says the best part of the trip was working in a team with two other girls and being given the job of working on a deck. She says it took all day.

"We were so proud of ourselves. It was really something to know we had built that all by ourselves and in the process became really good

friends."

What she did not like, however, was the bus tour where the guide showed everyone the devastation, including his own house.

He also took them to see where their bus driver had lived.

"He told us the one thing which will always stay with him is the smell of the storm," says Hunt. "Hearing and seeing all of this just made me feel really sad."

First-year social services student Josh Harvey also went on the trip.

He says he signed up for the trip because he felt he did not know enough about the situation there.

"I also wanted to try and help on a larger scale outside of my area," says Harvey.

"I felt it was part of a necessary growing up experience."

Harvey had not wanted to go to New Orleans before Katrina and after that he felt compelled to go. He says he felt it was the right decision.

The worst part of the trip for Harvey was waking up at 5:15 a.m. and seeing wreckage of the storm.

"The most memorable moments lie in the French Quarter and the songs I learned to sing with buddies on the work site," he says. "It was fun dancing in the street and getting the chance to see the nightlife."

## St. Patty's Day a good brew of history

By KAYLA GRANT

With St. Patrick's Day coming up here is a toast: "There are many good reasons for drinking, one has just entered my head, if a man doesn't drink when he's living, how the hell can he drink when he's dead?"

Today, St. Patrick's Day consists largely of drinking large quantities of alcohol until one cannot stand straight. But it wasn't always this way. It once was a celebration of the patron saint of Ireland.

Saint Patrick was born in Britain near the end of the fourth century. At the age of 16 he was taken prisoner by Irish raiders who were attacking his family's estate. After spending more than six years as a prisoner, Patrick escaped. According to history.com, a voice which he believed to be God's spoke to him in a dream, telling him it was time to leave Ireland.

After escaping to Britain, Patrick reported that he experienced a second revelation. He was directed by an angel to return to Ireland as a missionary. Patrick began his religious training, which lasted more than 15 years, and then headed

back to Ireland as a minister. According to history.com, St. Patrick's most notable achievement was his banishing of all the snakes from Ireland, which they believe to be the conversion of the pagans to Christianity.

The Irish at the time practised a nature-based pagan religion which centred on a tradition of oral legend and myth. This probably accounted for the exaggerated legend of St. Patrick.

Part of Patrick's task was to convert the Irish to Christianity. Familiar with Irish language and culture, he chose to incorporate traditional rituals into his lessons instead of attempting to eradicate native Irish beliefs, according to history.com.

Patrick used bonfires to celebrate Easter since the Irish were used to honouring their gods with fire. He also added the sun, a powerful Irish symbol, onto the

Christian cross which created what is now called the Celtic cross.

St. Patrick's Day is celebrated on March 17 which is Patrick's religious feast day and the anniversary of his death in the fifth century. Irish families would traditionally attend church in the morning and celebrate in the afternoon. As the event fell during Lent the prohibitions against eating meat were waived and people

could drink and feast.

Up until the 1970s, Irish law mandated that pubs be closed on March 17 as the celebration was a religious one. Beginning in 1995 the Irish government began a national campaign to use St. Patrick's Day as a tourism drive. According to Dublin tourism (www.visitdublin.com) over 5,000 performers and one million people will be celebrating in Ireland this year.

The Waterloo regional police will be out doing RIDE programs throughout the month of March but Olaf Heinzel, public affairs co-ordinator, said regional police will be paying particular attention on St. Patrick's Day.

"Officers on patrol that are not working the RIDE program will be looking for impaired drivers," he said. "So even though you don't see RIDE it doesn't mean you're not being watched."

Heinzel encourages people to make the right choice in regards to drinking. When it comes to drinking and driving Heinzel said it's better to plan ahead and call a cab or stay the night at a friend's.

"For your safety and for others, don't drink and drive."

### ST. PATTY'S TOASTS

Raise your glass to one of these traditional phrases today:

"May you live to be a hundred years, with one extra year to repent."

"May the best day of your past be the worst day of your future."

"May you get all your wishes but one, so you always have something to strive for."

"Here's to your coffin ... may it be built of 100-year-old oaks which I will plant tomorrow."

"May your blessings outnumber the shamrocks that grow, and may trouble avoid you wherever you go."

"I've drunk to your health in the pubs, I've drunk to your health in my home, I've drunk to your health so many times that I've almost ruined my own."



## Now deep thoughts ...with Conestoga College

Random questions answered by random students

*If you were a leprechaun,  
what would be at the end of your rainbow?*



"Prince Charming."

*Charlene Ejsymont,  
first-year  
practical nursing*

"A genie."

*Jasmine  
Couapose,  
first-year  
human services  
foundation*



"Nice weather. Get rid  
of this weather."

*Jeremy Short,  
second-year  
general business*

"Pizza and wings."

*Lauren  
Silverthorn,  
first-year  
practical nursing*

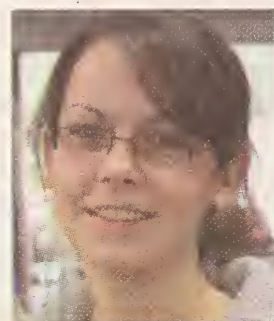


"Hot leprechaun  
chicks."

*Mike Lindsay,  
third-year  
management  
studies*

"A diploma."

*Pam Brown,  
second-year  
social services*



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# WE WANT YOUR INPUT!



**QUESTIONS?**

Visit Ryan  
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Office in Room  
2A117 for more  
information!

*How can we promote respect  
on our campus?*

Conestoga College is developing a Respect campaign that will share the message:  
*Respect is the understanding that we share a  
common citizenship and a behaviour of civility that we all value.*

- \* We have the ability to agree and disagree civilly.
- \* We consider the needs and rights of all people in the community
- \* We do not allow any excuse for disrespect.

We would like to form a focus group of students to discuss strategies to spread the message of Respect and what Respect looks like on our campus. We are asking for volunteers to participate for two hours on:

Thursday March 27 - 4:00pm-6:00pm or

Monday April 7 - 4:00pm-6:00pm

Meeting Location: Room 2A111

**SIGN UP AT THE  
STUDENT LIFE INFO DESK!**



# Conestoga students win top awards for creativity

By **FRANCA MAIO and  
KAYLA GRANT**

Homework really does pay off, as some first-year graphic design students found out. The students won approximately \$1,800 in total this year after participating in a national contest open to anyone in Canada under the age of 18.

This is the second year Conestoga College students have won awards in the Karat Aquarell art contest and Mars Lumograph sketching contest.

An awards ceremony took place March 7 in the graphic design wing at Doon campus.

Students took home five out of six top prizes this year. In the Aquarell contest Conestoga students won first, second, third and multiple awards of merit. In the Mars Lumograph contest students won second, third and awards of merit.

Gail Manning, advertising manager with Staedtler, a leading pencil and writing utensil distributor, said Conestoga professor Vince Sowa had his entire class enter the contest.

"His class is awesome!"

Last year students took home six out of six prizes.

This year top prizes went to Darlene Khowphachangsi who won first, Brent Cherry who won second and Maureen Cowan Magee who won third in the Aquarell contest. Honourable mentions also went to Marco Aguilar Jr., Greg Muhlbock and Jeanine Eby.

In the Lumograph black and white contest, second place went to James Bell and third place went to Darlene Khowphachangsi. Honourable mentions went to

Greg Muhlbock, Hailey Drury, Jennifer Boeryers and Jacqui Rhyno.

Sowa said entering the contest is part of a class assignment. Students spent a week working on the assignment but also had two or three other projects on the go.

"Students work from their own photography. They have to take their own picture and work from it, using the same colours to create their masterpiece."

This is the third year the contest was held for watercolour and the second year for pencil drawings.

Judging was done in Toronto by Peter Crichton, a renowned Canadian contemporary artist.

Points were awarded for creativity, technical merit and real world application.

Top prize was \$500, second place was \$300 and third place was \$200. The top three runners-up received \$50 each and an award of merit.

About 100 non-professional artists from across the country entered the contest.

The first-place winner's artwork is reproduced as a colour ad in Applied Arts magazine and Grafika magazine based out of Quebec. The second-place winner gets to have his or her artwork on a limited edition Staedtler sketchpad or watercolour pad and distributed as a bonus on 2,000 sets of Aquarell watercolour pencils and 2,000 sets of Lumograph sketching pencils this year.

"In the next few weeks all of the winning artwork will be posted on the website," said Manning.

Sowa said the faculty is very excited when the students win.

"It's great to see this happen again," said Sowa. "It shows the quality of first-year students."



Winners in the 2007 Mars Lumograph sketching contest are, from left, Hailey Drury who won a merit award, professor Vince Sowa, James Bell who won second place, Gail Manning and Roy Flynn from Staedtler, and Jacqui Rhyno and Jennifer Boeryers who won awards of merit. Darlene Khowphachangsi, who won third, was absent for the photo. (Photos courtesy of Staedtler Mars Limited)



First-year students in the graphic design program show off their awards on March 7. From left to right, Maureen Cowan Magee won third place, Brent Cherry won second and Darlene Khowphachangsi won first in the 2007 Karat Aquarell art contest. Honourable mentions went to Jeanine Eby, Marco Aguilar Jr. and Greg Muhlbock.



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du Canada

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Canada



## Grim statistics mark International Women's Day

International Women's Day was March 8. It came and went with little fanfare. The only parades many of us are likely to see are the grim parades of statistics that run in every newspaper in the country.

If you've read them, you know there is little to celebrate.

Women are still poorer than men. The average national income for women is a paltry \$24,400, barely above the poverty level. In comparison, the average national income for men is \$39,300.

Women do not have a powerful political voice in this country. Just 21 per cent of our MPs, and 22 per cent of our MPPs, are women.

We can be smug about grabbing fourth place on the UN's list of best countries to be a woman. Or, we can realize we still have a lot of work to do.

In the U.S., which didn't even garner a Top 10 spot on the UN's list, the race between Hillary Clinton and Barack Obama is creating an intense level of interest in the Democratic primaries. That's not because it's a novelty act. It's because hundreds of thousands of people are thinking, for the first time, that their own voice is going to be heard on the world's political stage.

Kim Campbell was briefly Canada's prime minister and campaigned for the position in 1993, but no woman has ever been elected to the top spot.

And now, our federal government is chipping away at reproductive rights again.

Three days before International Women's Day, Bill C-484 passed its second reading in the House of Commons. Conservative MP Ken Epp introduced the bill, also known as the Unborn Victims of Crime Act. The bill seeks to change the section of the Criminal Code that states a fetus is not a person until it leaves the mother's womb. Right now, someone who attacks and kills a fetus cannot be charged with manslaughter or murder.

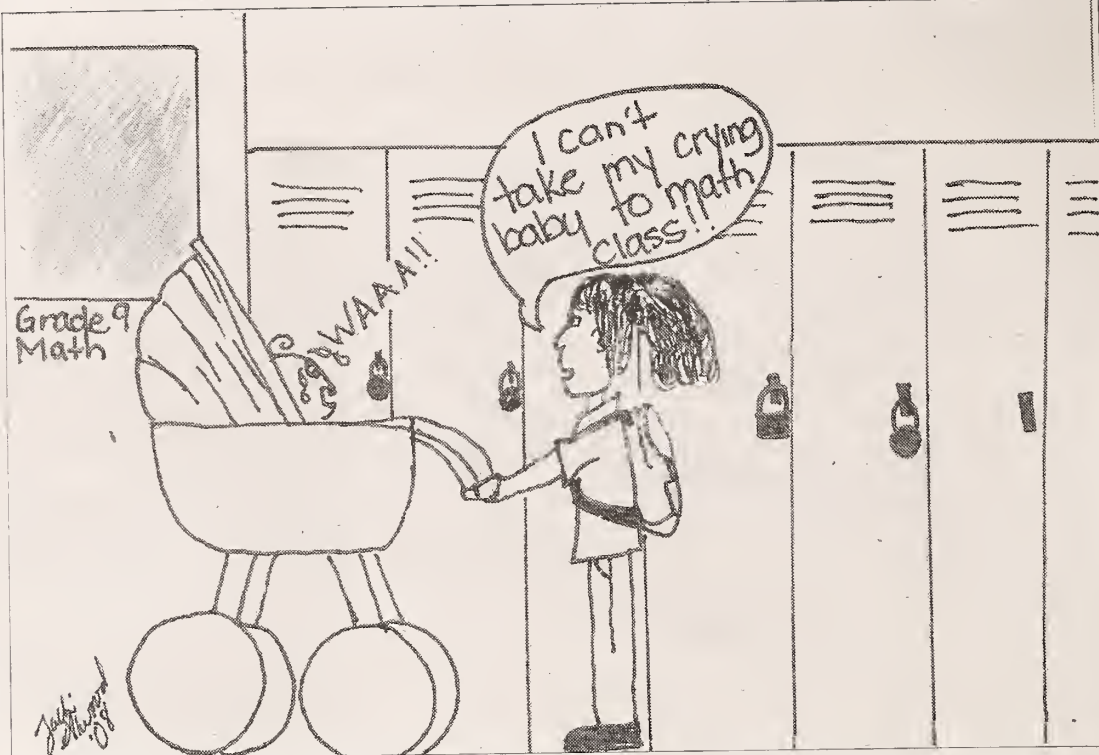
The bill has pro-choice activists calling foul. They say amending the Criminal Code to grant individual rights to fetuses is the first step down a slippery slope to banning or limiting abortion.

Proponents of C-484 point out that it specifically excludes abortion.

But one has to question the true purpose of this bill. It's impossible to attack a fetus without injuring the woman who is carrying it. That's already an offence under the Criminal Code.

In fact, assaulting women is an offence that occurs so commonly we've stopped talking about it. The time and effort of our MPs would be more effectively used working on a bill that provides broad support for abused women, and stiffer, enforced penalties for those who assault them.

Maybe Liberal leader Stéphane Dion thinks the battles at the centre of women's rights have been fought and won. He wasn't in the House for the vote — he was at an International Women's Day celebration.



Teenage motherhood isn't as glamorous as the stars make it out to be

## Hollywood a bad influence on young women

The new trend in Hollywood seems to be young starlets having babies out of wedlock.

Being a teenager and a young adult can be hard. It does not help when all around you are influential magazines and television programs announcing your role models are pregnant and not planning to marry the babies' fathers.

The starlets' decisions are their own but, they need to realize they are role models to young, impressionable girls.

With big scandals appearing weekly in tabloid magazines about stars like Jamie Lynn Spears, fans may not think it is a big deal to act like them.

The 16-year-old is currently pregnant and declaring the father to be her boyfriend, Casey Aldridge.

However, hit gossip Internet sites and popular tabloid magazines are publishing different views.

In real life kids generally grow



Kerry Reed

Opinion

up to be teenagers, teenagers turn into young adults and young adults start to plan a family. With all these so-called role models, I predict a dramatic change, particularly more teen pregnancies and more teenagers trying to grow up a lot faster.

**Motherhood is hard and unlike the starlets, they may not have any money or help when raising their child.**

Not all girls are going to go out and get pregnant because their role model did, but there are some that may. For those girls they need to

realize they have a different lifestyle than their starlet idols. Motherhood is hard and unlike the starlets, they may not have any money or help when raising their child.

People like Jamie Lynn may make raising a child look easy because she can afford to hire a full-time nanny, buy all the hot new gadgets and toys and purchase an unlimited amount of essentials for her baby. Ordinary teenage moms will find it a whole lot harder. They may have to raise a baby without the support and financial aid of their own parents which could make the situation 100 times harder than it already is.

I am not picking on young Spears but, she is a perfect example of this growing trend.

Everyone needs to realize motherhood is not something to take lightly. A lot of thought should go into it, and a lot of thought should go into preventing it.

### Letters are welcome



**Spoke** welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

**Spoke** reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,  
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# Roundabout creates safety concerns

The roundabout for Lancaster Street and Bridge Street has been approved despite the opposition of local residents.

Regional councillors believe this is the only solution to the current traffic problems at the intersection.

However, a long list of concerns has been expressed by residents.

An article in The Record on Jan. 9 said 70 people were present at a meeting to try to dissuade councillors from approving the roundabout.

One local business owner, John Kaster, collected 200 names of people against the plan.

That's a lot of people.

The article also said three delegations spoke in favour of the roundabout but it neglected to say how many people the delegations represented and which area of the region they were from.

My first concern as a nearby resident is the children who attend the elementary school at the top of the hill on Bridge Street.

A lot of children ages four through 12 pass through that intersection everyday on their way to school.

A roundabout is a constant flow of traffic and makes it difficult for children learning traffic safety to determine when it is safe to cross.

Kitchener council said statistical-



Jenn Sprach

Opinion

ly speaking the children are safer. I would like to know where these statistics are coming from.

If the statistics are from outside the country they don't really apply because European roundabouts are much larger and they don't get the amount of snow Canada does.

The roundabouts currently in the region are not properly plowed or salted.

Take the roundabout on Hagey Boulevard in Waterloo, for example. It's a circular ice rink and cars are often seen sliding into banks or stuck in them.

There is no way icy roads, constantly flowing traffic and children can be a safe combination.

I would like to know how many of the councillors live in the area and how safe they would feel if their children or grandchildren had to cross at the roundabout.

Another safety concern is the ability of emergency vehicles to navigate through roundabout

traffic.

I have never seen an emergency vehicle trying to pass through a roundabout but I imagine it isn't an easy task.

At least with traffic lights cars can be stopped, creating a clear passage for the emergency vehicle.

In a roundabout there isn't really anywhere for cars to pull over and it is difficult for drivers to see emergency vehicles coming.

My last concern is for the local businesses with large trucks passing through the area.

The roundabout would need to be large enough for transport trucks to pass through easily.

If it isn't built large enough they run the risk of putting local businesses, many who have been there for years, out of business.

If this plan does materialize I expect every councillor to take personal responsibility for anyone injured or harmed because of the roundabout.

The idea of a roundabout may seem appealing but the problems posed by children, winter weather, those in need of assistance and local businesses and residents need to be addressed first.

Until councillors come up with a clear cut solution to each of these potential problems, they will not have my support.



(Photo by Jenn Sprach)

The proposed area for the roundabout at Bridge Street and Lancaster Street doesn't look too busy during prime traffic time at 5:30 p.m. According to the Region of Waterloo website, roundabouts improve road safety, manage increased traffic demands and help improve air quality by eliminating unnecessary stops and idling.

## LETTER TO THE EDITOR

### Column part of problem

Whether or not an Afrocentric school in Toronto does anything to help the dropout rate among black teens only time will tell, but Vanessa Butler's vacuous ethnocentric opinion piece graphically illustrates the likely root cause of the dilemma.

She suggests that the students who drop out do so because they lack strong family life or because of lack of effort.

Is she suggesting that black people are lazy and have less supportive families?

She also states that more focus on black history is a step in the wrong direction and further states that, "It's said that these schools will benefit students by focusing on black history and culture. But this is Canada and if people live here they should learn the culture, adapt to it and accept it. I believe that the only discrimination that exists is created through initiatives like segregated schools."

Black history is a rich part of Canadian history which has been systematically ignored by the public school system since its inception. It is not separate from Canadian culture, it's part of it.

That ignorance of black history in Canada is discrimination and the result is disconnected, disenfranchised young people. Canada is supposed to be a cultural mosaic where becoming Canadian does not require one to discard their own cultural history.

Black Canadians have for centuries contributed to Canadian culture in engineering, medicine, art, science, education and more while being ignored by a school system with books about white people and a picture of the Queen of England on the wall.

The inherent sense of pride that comes from being educated in an environment that applauds the contributions of one's ancestors is spoon fed to Anglophiles like myself and systematically denied black Canadians.

As Canadians we cannot take pride in our multiculturalism and diversity if we do not value and applaud the contributions of all cultures equally. We certainly have no right to deny people recognition of relevance and further deny them the right to seek it on their own.

Don Rusk, Guelph campus

## COUNSELLOR'S CORNER:

### Stress and Stress Management

#### Part 2: Coping with Stress

In part 1, we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

- ◆ A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.

*If you failed the first test of a course, decide what you can do to increase your chance of success next time.*

- ◆ What can you change? Can you avoid or eliminate the stressors?

*Are you working too many hours? Is this interfering with your educational goals?*

- ◆ Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?

*The presentation is only 5 minutes in length and worth 5% of your grade.*

- ◆ Can you take better care of yourself, building your physical and emotional well-being? Exercise, sleep, nutritious eating and watching what you smoke and drink all add to your physical health.

*Cut one cup of coffee from your morning routine.*

Having mutually-supportive friendships, setting realistic rather than perfectionistic goals and being good to yourself all contribute to managing stress.

For further assistance, talk to a counsellor in Counselling Services. 1A103.

A Message from Counselling Services

Visit our website <http://www.conestogac.on.ca/jsp/stserv/index.jsp>

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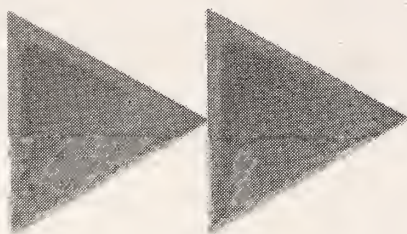
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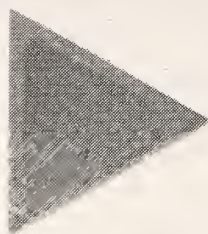


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## Family Day fines dropped for bookstores

By HIEN DINH

Fines have been dropped against two Kitchener bookstores that were charged for being opened on Family Day.

Casablanca Books and the KW Book Store each received a fine of \$500 on Feb. 18 after a Waterloo Regional Police Service officer visited the stores.

Mark Pettigrew, the owner of Casablanca Books, said the fines were dropped because he didn't break the law.

Pettigrew, who has owned and operated his business for more than 20 years, said the Waterloo Regional Police Service officer made a mistake when he fined him on Family Day.

"My business has always been considered a part of the tourism sector so I've always been exempted from closing my business on statutory holidays."

Olaf Heinzl, the Waterloo Regional Police Service's public affairs co-ordinator, said there was some confusion this year because Family Day is a new holiday.

"The Retail Business Holidays Act requires all businesses to be closed on statutory holidays," Heinzl said.

"There are exceptions to the act that allow some businesses to remain open on these holidays."

"Pharmacies are exempted

because people may need to get medicine," he said, adding other exemptions include flower shops and businesses in the tourism sector.

Heinzl said the officer made a judgment call.

Lucille de la Chevrotiere, the owner of the KW Book Store, said another officer from the Waterloo Regional Police Service personally came to apologize to her a week ago.

"(Superintendent) Dan Anderson came down (to my store) and told me that the charge will be dropped and that he will be sending out a public apology to the media because the police made a mistake."

De la Chevrotiere said she's never had any problems remaining open on statutory holidays before so she knew she didn't do anything wrong on Feb. 18.

"I still got nervous though because I thought I would have to go to court and fight the charge."

De la Chevrotiere has owned and operated the KW Book Store for more than 30 years. Both bookstores are located on King Street West.

Family Day is the newest addition to Ontario's statutory holidays. The others include New Year's Day, Good Friday, Victoria Day, Canada Day, Labour Day, Thanksgiving, Christmas and Boxing Day.

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# Reptile Expo *slithers* into Ontario

By SARAH JAYNES

Reptile lovers feasted their eyes on scales, claws and the yellow bulging eyes of lizards, as well as frogs, fish, snakes and rodents at the Ontario Reptile and Aquatics Expo.

The event, held in Mississauga in February, now becomes a moving exhibition until Nov. 18.

Breeders, vendors and reptile owners are able to gather under one roof for a chance to buy, sell and share stories of their reptiles and fish.

The Expo has dates until June at different venues in Ontario, including Ottawa and Toronto where it will be held in April and May.

The vendors were eager to find new homes for their reptiles and to give information on a pet problem or curiosity you might have, including tips on how to train your reptile or how to breed your own.

The Expo has been travelling for years with a growing audience of over 20,000 people visiting the exhibit each weekend.

"I have been breeding for over 15 years," said Jasia Sawicki, who owns Dragon Emporium just outside of Toronto, a store that breeds German bearded dragons. Sawicki has thousands of dragons. "They are not scary," she said, after she explained that most people are very timid around dragons because of their rough, sharp-looking exterior and their aggressive look.

When tamed, the dragons will not bite and sit calmly on your body for hours at a time.

Sawicki had over 50 dragons at the Expo, although hers were only a fraction of the ones present.

Show-goers lined up like rows of children at a candy shop as reptile owners and breeders asked vendors about the new snakes and lizards that they were breeding.

Vladimir Gajcevic, a breeder of snakes, was showcasing corn snakes, small yellow and red snakes that start out no bigger than a worm and grow to six or seven feet long.

Gajcevic owns a store in Toronto called Fusion Reptiles, a shop that focuses primarily on snakes but also breeds lizards and spiders.

"Snakes are gentle and loving creatures that have a really bad reputation," said Gajcevic.

Like most of the breeders and vendors at the Expo, Gajcevic encouraged keepers and future keepers to handle the snakes with his supervision.

"The trick is to feed the snake through your fingers like a piece of thread," he said. "They will naturally glide through your fingers with their smooth skin."

Although some onlookers were terrified in the beginning, Gajcevic convinced many people to handle the snakes, and near the end of the day there were even people going home with snakes who once had a phobia.

Although reptiles were not seen as pets in the past, keeping reptiles has become the fastest-growing area in the pet world.

"Nowadays a cat is replaced with an iguana, a dog is replaced with a boa constrictor, people all over the world are embracing the uniqueness of herpetoculture and aquaculture," said Chris Pattison, who owns a chain of unique stores in Ontario that focus on aquariums and terrariums.

Herpetoculture and aquaculture refers to the science and keeping of reptiles and fish, words that are commonly used to make the concept more acceptable to people who do not understand reptiles.

"Some people are grossed out by this kind of stuff, but it is because they don't understand it," said Pattison.

While hundreds of people pushed their way through the crowds to get to the front of the tables to browse for possible buys, others knew exactly what they wanted.

Ron Kavalchuk, a father of seven, said his house has been full of cages, aquariums and terrariums for over 10 years, adding he is addicted to reptiles.

"My first pet was a little gecko, then I bought three chameleons, four bearded dragons, an iguana and a skink," he said. All of which require terrariums and aquariums that take up a lot of wall space.

"Our whole basement has slowly been transformed into a pet shop,"

he said. While Kavalchuk said his wife was not too pleased in the beginning, she has come to embrace his inner lizard.

Kavalchuk was at the Expo searching for snakes, particularly a larger variety.

"The largest commitment has been the live feeding," he said. In total, his lizards collectively eat over 250 live worms and crickets a week.

The Expo had millions of worms and crickets on hand, along with feeder fish, rats and mice for the turtles and snakes.

Reptile lovers came in all shapes and sizes. Six-year-old Charlie Xu, whose family owns bearded dragons, was looking to buy a third.

Xu stationed himself near the booths that had dragons for handling, because he wanted to size them up before he spent his allowance on a lifelong pet.

"They are really nice, and they feel cool," he said. Xu has been exposed to dragons since he was a baby, and has never been intimidated by any reptile.

Jaina Tait, a turtle and lizard breeder from Cambridge, said she cannot envision her life without reptiles in it. Not only does she breed them from babies, but she nurses sick reptiles back to health.

"I have rescued many injured or sick reptiles from pet stores," she said.

Jaina has a seven-year-old bearded dragon named Lucy that she has been keeping since it was just a few weeks old. She said that Lucy was near death when she bought her from a local pet store. "She has become my companion, she is a really great listener," she said about her spiky friend who is now trained to eat salad and vegetables rather than live insects.

"If you train them properly, you can wean them away from bugs," she said. "It really comes down to the training and care to tame these pets."

If you are interested in information about your reptile, or are thinking about buying one, visit [www.reptileexpo.ca](http://www.reptileexpo.ca), and find out details about when another Expo might be crawling your way.

Counter-clockwise from bottom left:

Chameleons are one of the most popular household pets because of their calm nature and beautiful colour that changes depending on their environment.

Many of the vendors at the Expo allowed people to handle the reptiles to get an idea of their personalities.

•This dragon enjoys being petted.

Jaina Tait, a lizard breeder from Cambridge, holds her seven-year-old dragon, Lucy, who she has raised since she was a few weeks old.

Jasia Sawicki breeds bearded dragons, a species that is most comfortable living in groups.





# GO! Music Festival '08



(Photos by Joshua Khan)

Despite the biggest snowstorm Waterloo Region has seen all winter, local bands from around the area grabbed their guitars and strummed the night away. Left, The Flints' pianist Al Huizenga. Above, members of The Knaves: guitarist, Jesse Sherritt, vocalist/guitarist, Kevin Black, and bassist, Sean Farwell.

## Music fans brave the storm and get an earful

By JOSHUA KHAN

Despite the record-setting snowfall, icy roads and the glacial terrain called Highway 401, the GO! Music Festival took place on March 6, 7 and 8 at various venues throughout Waterloo Region. Each location showcased three or more bands; some were from the region while others hailed from as far as Montreal.

The event was the brainchild of John Rocchetta, president of The Beat Goes On chain of stores. Rocchetta approached five venues last year to come on board and help give exposure to local music talent over a two-day festival. The first event was an incredible success and influenced Rocchetta to start organizing the event annually.

Sylvia Horn, the director of operations at The Beat Goes On, said the festival was created around three main goals.

"We want to celebrate the local talent we have in our community, bring musicians to the region to raise the status of the cities and have an annual rock festival," she said.

The event is also based on others in the area, such as the Canadian Music Festival and the North By Northeast Music Festival, both of which are held in Toronto.

"Instead of having people from our communities rush to Toronto to see concerts, they can now enjoy a local show," she said. "We're able to do this by following the example of other major music events which book multiple bands at multiple venues."

But since Kitchener is smaller than Toronto, the financial income made from a festival is less. Horn said the festival has seen a trend so far when it comes to making a profit.

"Last year we didn't make any money and since we had a snowstorm this year, it doesn't look like there will be a large profit," she said. "But we aren't looking to make a large profit and turn the festival into a huge revenue source; any money that we do make will go directly into the following year's festival."

There has been a big difference in the two years of the event, as Horn said not only was the festival able to get three more venues this year, but they had the chance to book more headliners.

"The three new venues we added this year were The Boathouse, Club Elements and The Circus Room, all of which are located in Kitchener," she said. "We also got the opportunity to book The Trews as our major headliner this year which turned out to be a great success."

But The Trews weren't the only band signed up to entertain crowds across Kitchener and Waterloo.

With another open-call entry for this year's festival, hundreds of demo tapes from musical acts across Ontario were sent in. However, only 44 bands were selected; nine of them returning from last year. Still, would local talent be able to create a large crowd at some of the venues?

The Circus Room was able to attract a large crowd despite having

no major headliners. The opening act, The Knaves, set the tone for the start of the festival with an upbeat set full of catchy riffs that belong in an iPod commercial. Despite the fact that the only members of the audience at the time were bands playing the same night, the London-based musical act kept the energy level high.

Out of Toronto, the folk-rock act, The Flints, played their set next. Equipped with their very own keyboard, the band put on a solid show that was easy on the ears.

But the venue was going to become louder as the third band took the stage.

Also from Toronto, Songs From A Room opened their act kicking and screaming as their hard rock sound filled the room. Not only did the music get some people to dance and tap their feet, but it also made ticket sales rise as more and more people piled into The Circus Room.

One thing that was abundant at the show was the interaction between the bands and the crowd. While two young adults were about to head upstairs to play a game of pool, they were stopped by the singer of Songs From A Room.

"Hey shooter," he said. "Why don't you take a seat and listen to the last eight minutes of our set instead of going to play pool?"

In reply, the two men took a seat right in front and watched the end of the band's set. The individuals were just two of many who struggled through the harsh winter weather to witness a festival full of unique rock music.



(Photo by Joshua Khan)

Songs From A Room bassist Nick Bechard.



# rocks Waterloo Region

## Joel Lightman Band

By JOSHUA KHAN

Members: Joel Lightman (piano/vocals), Lorne Cooper (guitar, backing vocals), Paul Fabian (bass), Ryan Sullivan (drums, backing vocals)

First Formed: We first got together in the summer of 2006, but we have been through a few amusing lineup changes.

Based Out Of: Toronto.

Musical Influences: Ben Folds,

Jellyfish and Billy Joel.

Sounds Like: A grand piano dropped from a 10th storey window and with a little bit of The Barenaked Ladies.

Latest Album: We recorded Every Street Corner under the tutelage of George Scara (Pink, Sting, Rihanna) at the incredible Phase One Studios (Bono, Big Sugar, Canadian Idol).

Heroes: Jerry Lee Lewis.

Musical Acts Played With:

Jordan Knight (New Kids On The Block), Squeeze and other talented indie bands!

Musical Acts You Wish You Could Play With: Ben Folds, Rufus Wainwright, Billy Joel and Elton John.

Random Fact About Band: The band enjoys making their lead singer (Joel - a British citizen) more Canadian.

Describe Your Band In One Word: Fun.



(Photo by Joshua Khan)

## You and Me

By JOSHUA KHAN

Members: Shawn Donnelly (singer-songwriter, acoustic guitar), Sandra J. (voice, melodica, xylophone), Danny Roy (bass, charango, lap steel), Edmund Lam (nylon string guitar).

First Formed: You and Me formed in 2003, but we've been playing together for over nine years.

Based Out Of: Montreal

Musical Influences: The Beatles, Elliott Smith, Iron and Wine and Kings of Convenience.

Sounds Like: Simple folk/pop and rich harmonies.

Latest Album: The Romantic and the Realist.

Heroes: Bands that are doing what we're doing and making a living out of it.

Musical Acts Played With: Jason

Bajada, Plajia, Camaromance, Orillia Opy, Matthew De Zoete, Jay Pea, Amanda Mabro.

Musical Acts You Wish You Could Play With: Belle and Sebastian, Julie Doiron, Kings of Convenience, Camera Obscura and Iron and Wine.

Random Fact About Band: Our song Head Noise Pollution recently won second place in the Bluetracks Demo Competition giving us \$250 to spend on music equipment.

Describe Your Band In One Word: Simple.



(Internet photo)

## Intransit

By JACKIE ALLWOOD

Members: Mike Christie - vocals, keyboard, guitar

Keith Heppler - drums

Joel Mieske - guitar

Mark Walsh - bass

Intransit first formed in early 2005 and are currently playing concerts at local bars as well as those between Windsor and Toronto.

They are a Kitchener-Waterloo-based band that has been influenced by brit rock, pop, ambient, post-rock, indie and alternative music.

Their most recent album, The Guilty, is a mixture of soft rock and alternative and has a slight sound resemblance to groups like Radiohead, Coldplay and Silverchair's new album, Young Modern.

Each member of the band has their own musical influences. Christie loves brit rock and Canadian rock and is influenced by the Beatles and Radiohead. Mieske is influenced by U2, jazz, blues and also Radiohead, and Heppler is influenced by the Foo Fighters, Tommy Lee and Nirvana and says he likes everything from Hank Williams Sr. to Queens of the Stone Age. Walsh is influenced by Muse, Pilot Speed and Mute Math.

"We are four very different people but it all balances out," said Walsh.

"It took a little while of playing together to figure out how to complement each other. We have had some members come and go, but we finally found the four of us have the cohesive sound that we have all envisioned," said Heppler.

"We didn't start this band and say we are going to sound exactly like Radiohead or exactly like Coldplay. We started this band and had to find who we were."

They have previously played concerts with Thornley, In Flight Safety, The Junction and July

Black and recently played at the Horseshoe in Toronto where they released The Guilty.

Intransit has also joined indie label Quadraphonic Records with national distribution of their album from MapleMusic.

They plan on touring the east coast in late spring and have upcoming shows at The Bombshelter in Waterloo on Thursday, March 20 and at the London Arms in St. Catharines on Saturday, March 29.

"We really hope this is our breakthrough year," said Walsh.



(Photo by Jackie Allwood)

## Songs From A Room

By JOSHUA KHAN

Members: Brayden Jones, Dustin Jones, Dave Stephan, Nick Bechard, Craig Mailman

First Formed: 2007

Based Out Of: Toronto.

Musical Influences: '70s proto metal and '80s post punk.

Sounds Like: DAMN!

Latest Album: Self Titled EP.

Heroes: Villains and moms.

Musical Acts Played With: The Postage Stamps, Sweet Thing, Jet Planes of Abraham, Lowest of the

Low, Mother Mother, Tin Bangs, Great Bloomers and many others who deserve to be named as well.

Musical Acts You Wish You Could Play With: Black Keys, Black Mountain, Black Rebel Motorcycle Club, Black Lips, Black Moth Super Rainbow and the Black Kids.

Random Fact About Band: Our drummer Dustin rode out of his mother's womb on a Harley motorcycle at birth (true story).

Describe Your Band In One Word: Emergency



(Photo by Joshua Khan)

## Run With The Kittens

By JOSHUA KHAN

Members: Nate Mills (vocals, guitar), Champagne James Robertson (guitar), Jake Oelrichs (drums), Nigel Hebblewhite (bass).

First Formed: 2004

Based Out Of:

Toronto.

Musical Influences: We're not really influenced by music. Instead we're influenced by beer, sites we see on our travels and rainy days.

Sounds Like: Something totally awesome. Like, you know, totally wicked.

Latest Album: Bangers and Mash.

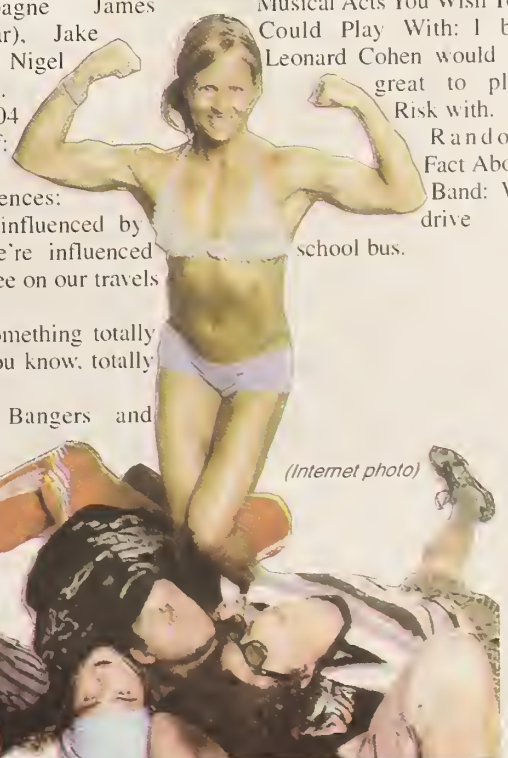
Heroes: Koji

Kondo

Musical Acts Played With: Kim Mitchell, David Wilcox, Spiral Beach and Luke Doucet.

Musical Acts You Wish You Could Play With: I bet Leonard Cohen would be great to play Risk with.

Random Fact About Band: We drive a school bus.



(Internet photo)



# Scenario gives students real-life experience



Top to bottom: Pre-service firefighter students carry a stretcher toward an accident scene to help an injured bus passenger.

Ben Alexander, back left, a graduate of the LASA program, mentors the current students. Darryl Garcia, back right, looks on as Raj Arulja explains the situation to one of the pre-service firefighter students.

Police foundation students, Kyle McLeod, left, and Steve Burgess, right, investigate the incident by talking to Pam Sherman, one of the victims of the accident. LASA graduate, Const. Bob Kennedy, back, mentors the students. Paramedic students help the injured victim.

Photos by Leanne Mountford

By LEANNE MOUNTFORD

The sirens sounded and the emergency crews rushed in after a Grand River Transit (GRT) bus collided with a back hoe/front end loader in parking lot 1 of Conestoga's Doon campus.

Although the incident may have appeared real to those nearby, it was a staged collision to help Law and Security Administration (LASA) students practise their skills.

The scenario was set up twice on March 3, once at 11 a.m. and again at 1:30 p.m. so different groups of students had the opportunity to participate in various roles.

Although it was mainly geared toward LASA students, paramedic and pre-service firefighter students also participated.

James Phillips, co-ordinator of the LASA / police foundations program, said they run a scenario like this one every year.

"I try to think of something realistic that would involve all disciplines at once," he said.

Last year, the scenario was based upon a safe offender transport, which involved the Ministry of Corrections. In previous years, scenarios have also been done in the woodworking building.

This year's scenario involved a bus which was on its way through Conestoga carrying two passengers, and a sub-contractor who was driving the front end loader carrying a barrel full of hazardous material.

It's a very realistic situation, said Phillips.

"It's something that we see here, we see buses here all the time and contractor vehicles," he said.

Having a bus presented very unique challenges with air brakes, air-powered doors and having people in very precarious places, he added.

There were many mentors to help the students throughout the scenario including representatives from the Waterloo Regional Police, Barber-Collins security, the captain from the Kitchener fire department, the Ministry of Labour, insurance investigators, paramedics and the GRT.

"We are lucky that we have the support of so many great

people to help us out," said Phillips. "We couldn't do it alone here at the school."

Each student had a specific role for the day. Phillips said the LASA students apply for the roles they would like in January. They take a business course and have to write cover letters in order to apply. Phillips then hires the students for various roles.

Second-year LASA student, Jovana Ilic,

said her role was to assist Phillips throughout the day in an administrative position. Her job was to help organize the roles, stage the accident and communicate to all the involved parties.

She said she really learned how to organize chaos. She said it's nice to see it come together smoothly.

Students were marked on how they made decisions, how they responded before, during and after the accident and if they had researched their role, were prepared and had the right equipment. They needed to complete their procedures safely and put in a good effort.

Phillips said, "We want (the students) to be able to use the skills they've learned. We want them to learn how to work between disciplines, working with paramedics and firefighters." In real life, they are going to be working with each other in those fields.

There are a lot of little things Phillips wanted them to gain from the experience. For investigators, it's important to realize that when it's cold outside, your pen doesn't work and your camera batteries might not work.

Phillips let the broadcasting students know about the scenario, so they could learn from the experience.

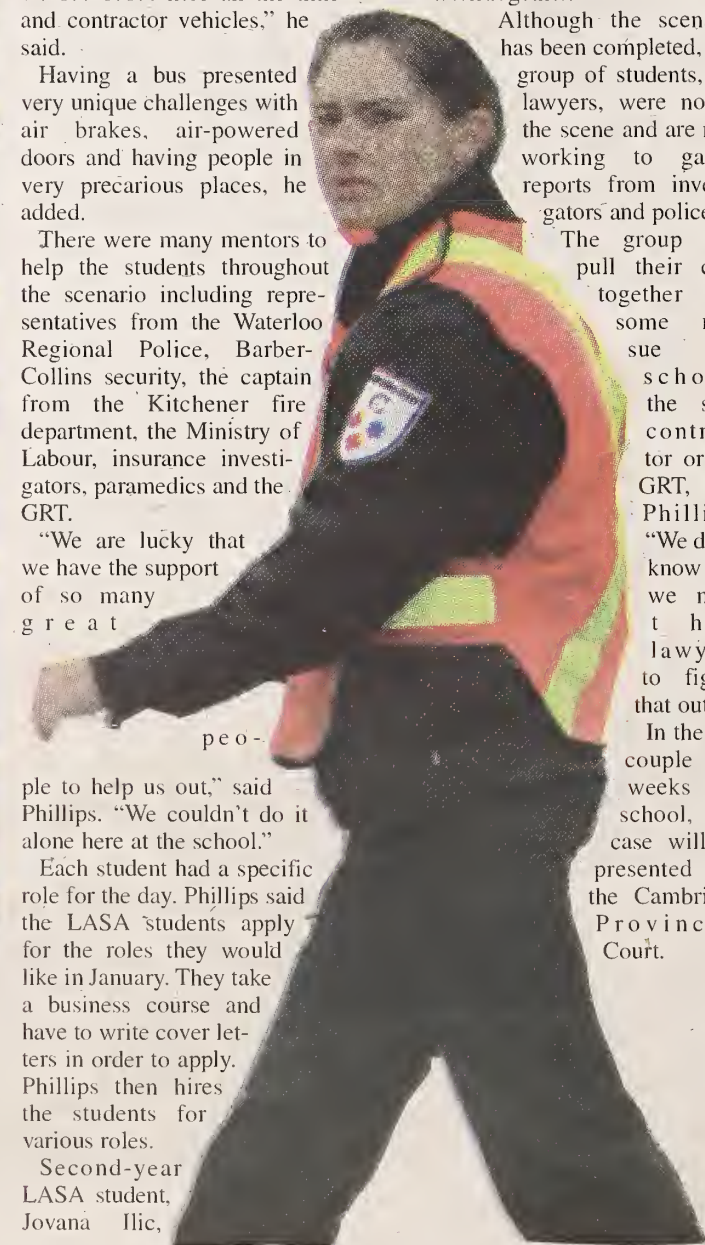
More than 100 students took part in the exercise and Phillips said it went great, fully meeting their expectations.

Ilic said it's a good thing to have. "We don't get to work with the firefighters and paramedics in the course of our years and this helps us see how all the emergency crews work together."

Although the scenario has been completed, one group of students, the lawyers, were not at the scene and are now working to gather reports from investigators and police.

The group will pull their case together and some may sue the school, the sub-contractor or the GRT, said Phillips. "We don't know yet, we need the lawyers to figure that out."

In the last couple of weeks of school, the case will be presented in the Cambridge Provincial Court.





# Alumni lends a helping hand

By HOLLY FEATHERSTONE

Conestoga College will be recognizing approximately 3,900 students as graduates this year. For those grads feeling inadequately prepared for the workforce or those not ready to leave the college roost, the Alumni Association of Conestoga can be of service.

The association will host a Passport to Graduation event March 20 from 11 a.m. to 1 p.m. in the atrium as a means of acquainting graduating students with the variety of services available to them after their convocation.

"The idea of it is to let graduating students know about the services and partnerships that we have that provide them benefits, before they leave campus," said Mary Wright, manager of alumni services.

Wright said it is important to inform grads that their years spent studying on campus are not terminated upon graduation, rather, they are entering a different phase.

Some of the services provided through the alumni association include Connections, Conestoga's alumni magazine published quarterly, discount tickets to venues including the Ontario Science Centre and Canada's Wonderland, as well as less obvious services including job postings provided through the college's career services department.

"A lot of (grads) don't realize they can come back and use career services ... through their whole academic career," said Wright.

Alumni services also supports up to 20 reunions a year by means of event promotion and assistance with facility renting. For some pro-

gram areas, the association assists with one reunion every five years.

"The nursing students are very big on reunions and will often do them every five years and they'll come through (alumni) for assistance," said Wright.

A spate of other benefits available through the alumni office can be discovered at the event, which will have participants carry a passport to various service providers in the atrium and acquire a boarding stamp to complete their list, similar to a scavenger hunt.

Completed passports will then be entered into a draw for four Blue Jays tickets and other prizes. Additional giveaways and prizes will abound.

Lisa Root, a student in the human services foundations program, said she was not aware that grads could utilize the recreation centre at a reduced rate.

"But I'm not from Kitchener, so it would be hard to keep involved with the college," she said.

Distant grads can still remain linked by volunteering for the upcoming Gradvisor program, which will allow grads to pose as program mentors for enrolled students.

"Professors have asked me to keep in contact," said Root. "Because it's a foundations course, it's good for students to see our progress and what (graduates) have accomplished."

To avoid feeling like a tourist after graduation and for more information about the Passport to Graduation event, contact Mary Wright at 748-5220, ext. 2356 or mwright@conestogac.on.ca.

ing her bachelor of applied technology in integrated advanced manufacturing technologies.

Martens found time to work on research projects independently on fuel line investigation and the study of adhesives while reviewing and approving each day's production.

Robin Woods won the Education at Work Ontario award for her work at Inbox Marketer Inc., and has since been invited to join their staff full-time after graduation.

During her work term, Woods was assigned to manage the e-mail marketing workflow at Research In Motion and won a gold medal in the Ontario College's Marketing Competition for the retail category.

Martens and Woods were also given honourable mentions in the Canadian Association for Co-operative Education 2007 co-op student of the year competition.

COM DEV Ltd. was chosen as the 2007 co-op employer of the year after being nominated by Glen Gallinger, who completed his work term there.

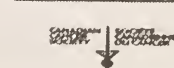
The Cambridge-based company is the largest Canadian based manufacturer of space hardware sub-systems.

Everyone is invited to attend the awards celebration in the blue room, located adjacent to the first floor cafeteria.

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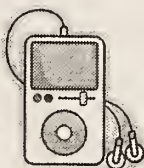
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748-5220 ext. 3756

## Passport to Graduation

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Your tour begins at the top of  
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March 20, 2008

11:00 am - 1:00 pm

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Visit all the Services for your  
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Tickets, Alumni Wear and  
many more!



Alumni Association  
OF CONESTOGA

## Co-op awards handed out

By JOHN LINLEY

Co-op and career services will be presenting their annual award winners this week.

The 2007 co-op students and employer of the year awards celebration will be this Wednesday in the cafeteria's blue room from 3 to 5 p.m.

The awards are being presented as part of National Co-op Week which runs from March 17 to 21.

The student winners are Natalie Halsted, Laura Martens and Robin Woods. The employer of the year is COM DEV Ltd.

Halsted won the award in the school of business category after she graduated from the human resource management program and began working at Sanimax Marketing Limited.

In addition to working on the payroll at Sanimax and helping to recruit new employees, she also started a joint health and safety committee and developed an 83-page training manual used in training sessions from Quebec to Wisconsin.

Laura Martens was chosen as the co-op student of the year for the school of engineering and information technology. She completed her third co-op work term at Arrow House and Tubing Inc. after receiv-



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# Energy drinks can provide deadly rush

By MARCIA LOVE

If you find yourself pulling an all-nighter to get your assignment done on time, you've probably got an energy drink close at hand.

However, if you are constantly finding yourself reaching for a Red Bull every time you need to be alert and energized, you might want to take a closer look at the ingredients label on that can.

Margo McIntosh, a nutritionist and certified lifestyle educator at Health Harmony and Balance in Kitchener, said many young people use energy drinks on a regular basis and in large doses, but may not know what they are putting into their bodies.

"Some young people will use (energy drinks) to feel high. The amount of caffeine and chemicals in those drinks is terrible — almost deadly. Some have three times the amount of caffeine that a cup of coffee has. They can be really dangerous."

She said the high dosage of caffeine spikes adrenaline glands and stimulates brain cells. This can have a harmful effect on the body, particularly the immune system, making

it more susceptible to disease.

Other ingredients found in many energy drinks include guarana, which stimulates the central nervous system, and taurine, which can become toxic to the body in excess amounts.

They may also contain niacin, which can cause a hot sensation and skin redness.

Ephedrine, a chemical which stimulates the cardiovascular system, has been used in some energy drinks, but most companies discontinued its use when the Food and Drug Administration declared it dangerous.

Some energy drink cans carry warning labels, stating the product may cause nervousness, sleeplessness or occasionally rapid heartbeat. They also bear warnings that they are not for use by anyone under 12, sometimes 18.

Matt Carey, a second-year broadcasting student, said he doesn't often drink energy drinks.

"Sometimes I'll have one at work to keep me awake and give me more energy," he said. "It keeps me alert for, like half an hour or so. It doesn't really have a big effect on me."

Carey said he has never consid-

ered the harmful effects energy drinks may have.

McIntosh said she believes people should avoid energy drinks entirely.

"Having (an energy drink) once isn't too bad," she said. "The problem is that these drinks are highly addictive. Young people are getting hooked on them and drinking too much."

Sunan Faye, a first-year police foundations student, said he uses energy drinks for strength and to keep him awake.

"I have one whenever I don't get enough sleep," he said. "Sometimes it works, sometimes it doesn't."

Faye said he doesn't think energy drinks are dangerous.

Instead of using energy drinks, McIntosh suggests people try eating properly and getting enough sleep to increase their energy and alertness.

"People shouldn't need to drink energy drinks if they eat enough proteins and carbohydrates and keep their stress levels down," she said. "If someone feels that they need to use energy drinks to be alert, it may be a sign they need medical attention."



(Photo by Marcia Love)

Matt Carey, a second-year radio broadcasting student, holds an energy drink. He said he sometimes has an energy drink, but has never thought they might be unhealthy.

## Vaccinations need to be up-to-date

*Hundreds of elementary and high school students at risk of disease and suspension*

By JENN SPRACH

Every year hundreds of school-aged children run the risk of being suspended because they are not properly immunized or they lack proof of immunization.

But how many adults are keeping up with their immunizations?

Research shows many diseases can be prevented if a person is vaccinated, said Lesley Rintche, from Waterloo Regional Public Health.

"Adults should remember to get their tetanus/diphtheria booster every 10 years," she said.

In an article published in The Record on June 13, 2007 it stated that 280 elementary schoolchildren were facing suspension from lack

of proof or lack of immunization.

In another article published in The Record on May 3, 2006, it stated up to 2,000 students in grades 7 and 8 were suspected to be behind in their immunization schedules, more than 10 times the previous year.

By law the Region of Waterloo is required to have an up-to-date record of every student's immunization.

However, students can be exempted from vaccinations on religious, medical or moral grounds but that must be documented.

It is up to parents to vaccinate their children and if that isn't happening, then they probably aren't getting vaccinations themselves either.

Vaccines are one of Public

Health's most cost-effective and cost beneficial strategies, said Rintche.

**"Adults should remember to get their tetanus/diphtheria booster every 10 years."**

*Lesley Rintche,  
Region public health*

Vaccines prevent many serious and dangerous diseases such as hepatitis, chicken pox and rubella (German measles).

If people are not properly immunized they run the risk of becoming seriously ill and possibly infecting

others, said Rintche.

Despite popular beliefs not all vaccinations provide a lifetime of immunity.

"For some vaccines, they need boosters to build immunity," said Rintche. "There is a completion of the routine schedule at 14 to 16 years of age, but as adults, they need to get a booster shot every 10 years."

Most people should have received their last booster vaccination at age 16.

However, some vaccinations do provide a lifetime of immunity such as hepatitis B which most students should have received at 12 years old, said Rintche.

"There are lab tests that may test immunity, however, they may not be

very specific or accurate," she said.

If anyone is not sure if their vaccinations are up-to-date their family physician should have all vaccinations listed in their file.

"People may receive vaccines at their family physicians' office or at public health community influenza clinics," said Rintche.

There are also other vaccines recommended for international travel, she said.

Before travelling, check with a travel agent to see what vaccines are required before heading to international destinations.

These are not publicly funded and are purchased by the client through Travel Health clinics or pharmacies, said Rintche.

## Employers looking for Conestoga grads

By JOHN LINLEY

Conestoga students have a great opportunity this week to gain employment after graduation.

The Doon on-campus job fair will be held on the gym floor in the recreation centre on March 19 from 10 a.m. to 2 p.m.

The big difference between this and other job fairs is that the employers are looking specifically for Conestoga graduates.

Jen Davies, a student/grad employment adviser at the college, said that students have had success finding jobs in the past.

"Employers like who they meet and like the skills that they have," she said. "The majority of the feedback is positive."

There will be a total of 68 booths from companies such as Frito Lay Canada, Research in Motion

Limited and Sun Life Financial.

The majority of the schools at Conestoga will be represented with part-time, summer co-op and graduate employment being offered.

Mary O'Neill, a career services assistant at the college, said while your profession may not be directly represented, most companies are looking for a variety of people.

"It may be a heavy machinery company, but they still need salespeople," she said. "One company may need engineers, accountants, sales and marketing."

Anyone planning to attend the job fair is encouraged to look through the guide, which can be picked up today at Door 3.

The guide, which includes a list of employers, can also be found online at the career services website at [www.conestogac.on.ca/careersvc](http://www.conestogac.on.ca/careersvc).

Are you getting ready to graduate with your degree but don't really have a focus?

### "Turn Your Degree Into a Career"

#### Conestoga College Post-Grad Fair

Wednesday March 26, 5 p.m. – 7 p.m. Waterloo Campus 108 University Ave, Waterloo, ON

Are you ready to graduate but aren't exactly sure of a career path? Or maybe you need some further skills to top off your diploma or degree.

Over 20 programs will be highlighted:

- Health & Community Services
- Engineering & IT
- Media
- Business
- Language

On Wednesday, March 26th, Conestoga College's Post-Graduate Fair at our Waterloo Campus will draw the street from the University of Waterloo and a line of programs will be highlighted. The fair will feature a variety of programs including Health & Community Services, Engineering & IT, Media, Business, and Language. Top off your education at Conestoga College – the number one college in Ontario for the last nine straight years!

For more information go to our website [www.conestogac.on.ca](http://www.conestogac.on.ca) and look under College Events





(Photo by Hien Dinh)

### Record snowfall

Adam Tassoni, who works for Snowman, a snow clearing company, cleans the sidewalks around King and Agnes streets after the weekend storm that set a record in Kitchener-Waterloo for the most snow to blanket the region in one winter, 246 cm, as of March 9. The last record was set in 1923-24.

## Conestoga hosts prospective student tours

By VANESSA BUTLER

Explore Conestoga gives high school students the chance to discover why Conestoga has been named the No. 1 college in Ontario for the last nine years.

This one-day event, which will be held April 5, brings students on campus to learn more about the programs they are interested in. It also allows students to attend presentations, participate in tours and interact with students who are already in their program(s) of choice.

In previous years, Explore Conestoga has been held over three days, a Friday, Saturday and Sunday in March, and has included fewer presentations and student involvement.

This year, the event has been revamped to include individual program presentations every hour on the hour, ongoing student-guided tours through the facilities specific to students' program choices and more peer-on-peer interaction where perspective Conestoga students will get the chance to ask current students questions about campus life and what it's like to be a Condor.

"This year the event is condensed into four hours which will create more buzz on campus," said Paul Osborne, director of marketing. "Showing Conestoga's facilities is a huge selling factor for perspective students, it really seals the deal for students who are on the fence or who have not already applied."

The event is being held later this year because the college didn't want to conflict with March break or Easter.

Osborne said the event being held over three days used to make Conestoga look desolate and empty because it was spread out so much.

"This year there will be more doors open at one time, and the length of faculty presentations will be cut down significantly," he said. "I don't know what it's like to be a student at Conestoga, so more student panels have been added as a key element. Current students can talk about what life is like for them, and tell it like it is."

Osborne promises this year's event, which usually attracts over 2,000 attendees, will feature less standing, talk and lecture and more peer-to-peer interaction. On the day of the event, the cafeterias and Tim Hortons will be open, as well as other facilities so students can explore the school.

Explore Conestoga used to be held only for those students who had applied to programs, and received an invitation to the event. This year, it is more of an open house. Advertisements will be placed in newspapers and broadcast on the radio, so anyone interested can attend.

"We want to encourage students and assure them there is still tons of time to apply, if they haven't already done so," said Osborne. "A lot of Conestoga's growth is found in students who have been away from school and are already in the workforce; our goal is to attract those students."

"The place will be jumping," he said. "This event really represents the student body and how much it has changed."

During Explore Conestoga, students can visit the Doon campus on April 5 from 10 a.m. to 2 p.m.

For those who are seeking clarifications as to where each program is offered, check the programs page which lists each program and the campus where it is delivered.

For more information about the event, or programs offered at the college, visit [www.conestogac.on.ca](http://www.conestogac.on.ca).

By ALEX MCNANNEY

The feeling of joy can bring many different effects.

Some experience a rush of excitement and others a moment of happiness.

For Jennifer Watson, the news she received on Feb. 20 evoked both emotions.

She was named the new Conestoga Students Inc. vice-president, with her term set to begin in the fall.

"At that time in my life, everything was in slow motion. I felt like I was where I was supposed to be at that exact time," she says.

"I felt happy, but it didn't really hit me until later that night. Wow. I am actually soon to be vice-president."

When she first arrived at Conestoga, playing an integral role for CSI wasn't even in her plans. But one talk with former board member Caleb Bender changed her entire college experience thus far. Bender told her she had great leadership skills, and encouraged her to run for the CSI first year council. She says it was then that she was able to interact with and get to know a lot of great people.

"All of the board members cared for the well-being of the students and were passionate about their positions on the board of directors," she says.

"Their leadership and hospitality made me want to join."

Watson says she knows she has the leadership and determination to make a difference. She believes she has the charisma, people skills and communication skills to be great in her new position.

"Running for V.P. is a dream job for me. I am active in my community and I am a past V.P. for my hometown Optimist Club," she says.

"I know that I am a good candidate for this position, and I can use my experiences to help me in the role."

Watson says she looks forward to working alongside new CSI president Sheena Sorsor.

"Sheena is a great person and a wonderful leader. She truly is for the best interests of the students



(Internet photo)

Jennifer Watson will be CSI's new vice-president come September. Watson, who is currently on CSI's board of directors, was named vice-president on Feb. 20.

and is passionate about her new role."

"She has brought forth and implemented many great ideas. Some of her achievements such as the street team and green recycling initiatives I want to carry forward and build upon this coming year. Sheena will be a great mentor and already a great friend."

Watson also has many ideas and goals of her own for next year.

"I am going to work on student satisfaction through active college and community awareness. Getting involved gets me excited," she says.

"I am going to make sure that all students are aware of news and events."

Watson says she wants to make sure that all areas of the college know what's happening on CSI's events calendar and take the initiative to be involved with woodwork-

ing and ATS.

"They (woodworking and ATS) suggested that I come over and inform them of events," she says.

She also wants to continue the growth of the Sanctuary and build strong relationships with the Alumni and the college itself.

"I will ensure that the Alumni and CSI keeps close ties," she says.

"I have become well acquainted with all of them."

Watson also says the college and CSI have developed a great bond after the events of last year, which included a long negotiation process on alcohol in the bar bistro and the hours the bistro would be open.

She says she is proud to be a CSI board member and positive change and strong relationships are very important.

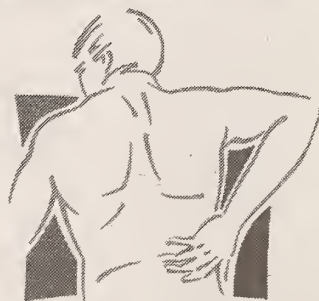
"I am looking out for the best interest of the students in every aspect of my new career. I am here for you."

## ON-CAMPUS CHIROPRACTOR

Covered by CSI Health Plan

## HEALTH SERVICES

748-5220 Ext. 3679







# HOROSCOPE

Week of March 17, 2008



## Aries

March 21 - April 19

Aries is usually a confident sign; however, you will be intimidated by a potential lover this week. If you incorporate your courage with your impulsive nature, you can forget the sparks and enjoy the bonfire.



## Libra

September 23 - October 22

Your beauty, charm and elegance will attract several pursuers this week. While balance is one of your best skills you will tip the scales on this one. Get to know them; you will spend a lot of time with one of them in the future.



## Taurus

April 20 - May 20

Taurus is a quiet and affectionate sign which will do no good with the one you've had your eye on. Take a leap and go introduce yourself before someone else beats you to the punch.



## Scorpio

October 23 - November 21

A new love will come into your life. They will earn you trust which isn't an easy task. They are worthy of your trust and generosity, but if you try to dominate or become possessive and jealous you will end up with a broken heart.



## Gemini

May 21 - June 21

Use your excellent conversation skills to chat up a hottie at your local hot spot. You'll find you have tons in common and you'll have a lot of fun together. Don't get too attached, it's not long term.



## Sagittarius

November 22 - December 21

Sagittarius is a sign always seeking a challenge, which is why you just can't seem to get that thought of playing hard to get out of your head. Be ready to explore new areas of yourself when they notice you this week.



## Cancer

June 22 - July 22

Problems with a lover are likely to arise. Approach the problem with your dominate keywords I FEEL to help resolve the issue. Don't stress and you'll make it through. Express your feelings openly and with sincerity.



## Capricorn

December 22 - January 19

Capricorns are quick to seize opportunities and several will present themselves this week. Seizing the first one to come along isn't always the best idea especially in love. Let something come to you for a change.



## Leo

July 23 - August 22

Leos rule all felines which make them playful, sleek and powerful. Use these traits to hunt down that hottie you've had your eye on. They won't be able to resist your playful demeanour and upbeat attitude. Hit the dance floor to gain the spotlight.



## Aquarius

January 20 - February 18

You will attract someone who is the complete opposite of you this week. You will be mesmerized by their fun, free-spirited attitude and you may think it's a bit much for you to handle. Hold on and enjoy the ride — you're in for the ride of your life.



## Virgo

August 23 - September 22

An individual who is the exact opposite of you will approach you this week. Don't be shy and push them away, listen to what they have to say. They will shed a new light on things and leave a lasting impression.



## Pisces

February 19 - March 20

You will meet someone new this week but do not stay in touch, they are bad news. Pisces tend to be drawn to unbalanced people. If you keep in touch you will find yourself in unpredictable situations.



(Photo by Charlotte Prong Parkhill)

### Road to the Memorial Cup

The Kitchener Rangers lost a March 7 matchup against the Sault Ste. Marie Greyhounds 5-3 in a fight-filled game. The Rangers are in first place in the Midwest division, and get an automatic berth into the Memorial Cup as the tournament hosts. The Greyhounds hold top spot in the West division. Tickets to Rangers home games at the Aud are \$15 for students.

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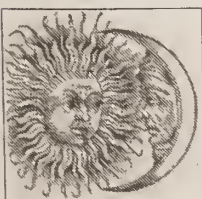
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\*A \$10 annual fee applies - Check website for complete terms & conditions.



Jennifer Sprach is a third-year journalism student holding fate in the palm of her hand.



# Think you pay too much for school?

Did you know that the Minister of Training, Colleges and Universities has a 'Binding Policy Directive' that prohibits all public colleges and universities in Ontario from collecting tuition-related ancillary fees?

Did you know that Conestoga College is charging a tuition-related I.T. ancillary fee that costs each student more than \$210 per year?

Did you know that the Minister is doing nothing to stop this?

The **Canadian Federation of Students–Ontario** is recommending that the Ontario government:

- immediately enforce its Binding Policy Directive that prohibits colleges from charging students tuition-related ancillary fees; and
- replace the \$50 million per year of illegal ancillary fees revenue that the colleges are collecting, with public funding starting in the 2008 budget to be presented later this month.

It only takes 2 minutes to send a letter to help stop illegal ancillary fees. Use our website to send your letter now:

***StopUnfairFees.ca***